

Mrs. Hughson, of Chicago, whose letter follows, is another woman in high position who owes her health to the use of Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM: - I suffered for several years with general weakness and bearing-down pains, caused by womb trouble. My appe-tite was fitful, and I would lie awake for hours, and could not sleep, the was niful, and I would he awake for hours, and could not sleep, until I seemed more weary in the morning than when I retired. After reading one of your advertisements I decided to try the merits of Lydia E. Pinkham's Vegetable Compound, and I am so glad I did. No one can describe the good it did me. I took three bottles faithfully, and besides building up my general health, it drove all disease and poison out of my body, and made me feel as spry and active as a young girl. Mrs. Pinkham's medicines are certainly all they are claimed to be." — Mrs. M. E. Hughson, 347 East Ohio St., Chicago, Ill.

Mrs. Pinkham Tells How Ordinary Tasks Produce Displacements.

Apparently trifling incidents in woman's daily life frequently produce displacements of the womb. A slip on the stairs, lifting during menstruation, standing at a counter, running a sewing machine, or attending to the most ordinary tasks may result in displacement, and a train of serious evils is started.

The first indication of such trouble should be the signal for quick action. Don't let the condition become chronic through neglect or a mistaken idea that you can overcome it by exercise or leaving it alone. More than a million women have regained health by the use of Lydia E.

Pinkham's Vegetable Compound.

If the slightest trouble appears which you do not understand write to Mrs. Pinkham, at Lynn, Mass., for her advice, and a few timely words from her will show you the right thing to do. This advice costs you nothing, but it may mean life or happiness or both.



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Temperature of Churning. Many a farmer's wife spoils her butter by churning at too high a temperature. The result is that the product of her churn is greasy and poor in quality and keeps for but a short time. Some people also put hot water into the cream to make the butter come quicker. The result of this rise in temperature is to destroy the grain and at the same time incorporate with the butter a great deal of casein, which is the part that goes to make the body of cheese. This butter is increased in quantity also by the incorporation of an unusual amount of water. If the butter is made when the temperature e the cream is at, say, 80 degrees, the kind of a butter will result that if it came under the eyes of United States dairy nspectors would be excluded from the market and the sellers thereof fined for selling butter with a water content above the legal 16 per cent. The woman that wants to make good butter must do her churning when the cream is at a temperature of not above 65 degrees. It would be better to churn at as low as fifty degrees, but this is rather hard for people that have to churn by hand. The people that try to work the so-called twominute churns frequently have to raise the temperature of the cream to about 80 degrees before getting the results that have been advertised. That is, the time of churning is regulated to some extent by the tempera-

ture. Every maker of butter should even at a lower price. have a thermometer. One can be purchased for twenty cents, and, this being the case, there is no reason why every person should not have the advantage of knowing the temperature of their cream at churning time. fact that barley is so much in demand here.

Cream in the Pantry.

all parts of the country where it is It is common in our farm houses to set the cream in the pantry or in the cellarway, where all kinds of food are also kept. It is safe to say that cream cannot be set in such places and give good butter. Some people permit of it being used for feed. This may like butter that tastes of doughis sometimes brought about by e nuts, pies, cookies, limburger cheese, which makes it impossible to secure onions, celery, cloves, cinnamon, it in the condition demanded by the oranges, apples and the like, but most brewers. On the Pacific coast barley people like to have the aroma that is extensively used as horse feed. In belongs to butter rather than to the Europe, Asia and Africa it is exten pantry. Probably the one greatest obstacle to getting good flavor in farm- sively employed for this purpose. It made butter is this one of the setting is a favorite feed with the Arabs, both girl. I remember going up to the



At a dinner party the other evening a callow youth found himself Advantages of Mule Raising. In some parts of the country, espec- seated between two young men who ially in the South, the raising of mules own a merchant tailoring establishis very popular. Missouri and Ken- ment.

things the southern mule raiser claims

for the mule can be substantiated we

will leave our readers to decide. Here

are some of the points claimed in his

favor. He can be very cheaply raised.

perhaps more cheaply than any other farm animal intended for work. The

mule is ready for the market at a

younger age than the horse. He is

ready to work when the horse is just

getting out of colthood. Mules do not

easily yield to disease, and stand

hardships exceedingly well. They are

very careful about getting hurt, much

more so than the ordinary horse. They

seem to be able to stand a high tem-

perature better than horses, and will

work well on hot days when horses

suffer from heat. They can stand

abuse better than horses but are ap-

preciative of good treatment. This is

a point that has made them popular in

the South where their drivers are

not always mindful of their feelings.

There is always a good market demand

for mules, and, as they can be sold

two years younger than horses, they

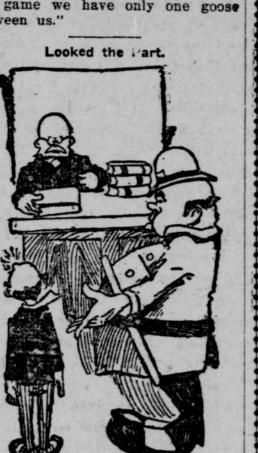
Barley As a Feed For Horses.

for brewing purposes that good brew-

ing barley is high in price. But in

tucky are states that make a good "I-aw-have been placed between deal of the mule, and more and more two-aw-tailors, it seems," remarked farmers in other states are consider. his dudelets.

ing the matter. There are a good "Yes," replied one of the young many things in favor of the mule, as men, "and at the present stage of viewed from the standpoint of the the game we have only one goose Southern farmer. Whether all of the between us."



Retort Courteous.

are profitable and would be profitable The Cop-Yes, sir, yer honor, an' as was passing by the corner the prisoner here, who was blockading de that state for two terms. In a recent Barley is little used as a feed in sidewalk, sprang at me troat and letter from Washington, D. C., he says: the United States, except on the Pa- struck me wid his fist, and it was only cific coast. This is due largely to the by superhuman effort dat I brung him

He Coughed Up.

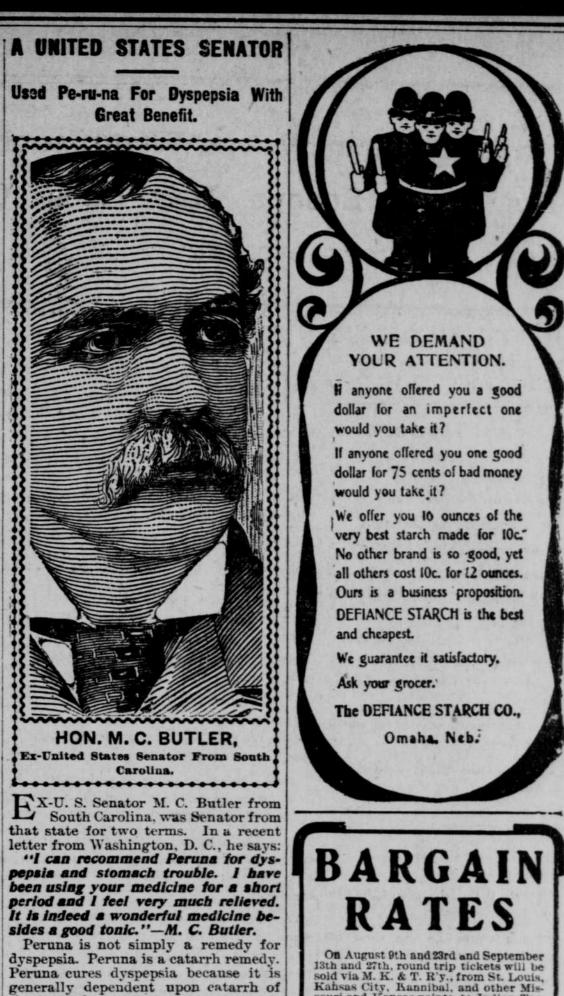
"Say, dad," began the senator's grown there is always some that is son, "those big guns that they shoot off color or is for some reason not torpedoes out of just give a sort of usable by the brewers, and this may cough when they get down to busithe stomach. be obtained at a price low enough to ness, don't they?"

"Yes.' "You are a big gun, aren't you, heavy fog or rain at harvest time. dad?" "They say that I am." "Weil, I need a hundred."

> What Did He Mean? They were exchanging views.

"I wouldn't run away with any

of milk to rise in the pantry. It is of western Asia and of northern old man and asking him for his in one thousand of the rifle balls fired



On August 9th and 23rd and September 13th and 27th, round trip tickets will be sold via M. K. & T. R'y., from St. Louis, Kahsas City, Rannibal, and other Mis-souri and Kansas points, to Indian Ter-ritory, Oklahoma and Central and East-ern Texas, at

\$15.00

The Southwest is inviting. The crops are good; conditions and prospects were never more favorable. Indian Territory, Oklahoma and Texas, are in need o people and offer plenty of opportunitie for investments of capital and labor.

Take advantage of this exceptional

Ask me about rates and particulars.

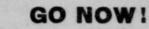
Library for Negroes.

Henry Rosenberg, of Galveston,

George Morton

Gen. Pass. and Tkt- Agt.

ST. LOUIS, MO.



opportunity.

godsend to women, and if they all knew what you could do for them, there would be no need of their dragging out miserable lives in agony. "I suffered for years with bearing-down pains, womb trouble, nervousness, and excruciating headache, but a few bottles of Lydia E. Pinkham's Vegetable Compound made life look new and promising to me. I am light and happy, and I do not know what sickness

Mrs. Lelah Stowell, 177 Wellington

St., Kingston, Ont., writes:

"DEAR MRS. PINKHAM: - You are indeed a

is, and I now enjoy the best of health." Lydia E. Pinkham's Vegetable Compound can always be relied upon to restore

health to women who thus suffer. It is a sovereign cure for the worst forms of female complaints, - that bearing-down feeling, weak back, falling and displacement of the womb, inflammation of the ovaries, and all troubles of the uterus or womb. It dissolves and expels tumors from the uterus in the early stage of development, and checks any tendency to cancerous humors. It subdues excitability, nervous prostration, and tones up the entire female system. Its record of cures is the greatest in the world, and should be relied upon with confidence.

FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Medicine Co., Lynn, Mass.



such a firmly settled custom that it will be with difficulty broken up, in spite of the fact that much such butter has to be sold to the poorest market and at not above ten cents per pound. The nose of the housewife is so accustomed to the smells of the pantry that she never thinks of them when she is putting her milk away to undergo the process of cream raising. Cream in the pantry should be abolished, and in its place should come cream in the cream room, a place set aside for this operation and sealed against the entrance of all odors that will give the butter a disagreeable

taste. The woman that does that is very likely to get a great reputation as a maker of fine butter.

Wheat Bran For Milk Making. Men frequently misjudge the value

of feeds by their density. Thus there is a strong opinion among farmers that commeal is better for milk making than bran. It is heavy and has a as they are the means by which he tient wife, "I hear it so seldor from beautiful color and the cow owner as- grinds up hard grain and still harder you." sociates it with rich cream. But the fact is, bran is, in the main, more valuable for milk making than is cornmeal, in spite of the attractive appearance of cornmeal. The stomach of the cow is better suited to take care of bran than of cornmeal, because it is more bulky. The cow was made for the purpose of using up just such waste products as bran would One veterinarian says that horses be without farm animals to consume sometimes endure toothache for it. And bran cannot be judged by its lightness. The question of using or | that they have any trouble at all with | not using bran is one that must be their teeth. This is because a dedecided on its price, compared with fective tooth is not so easily discov- no gain." the prices of other like feeds. At the ered as is a defect in the legs of the same price as corn it is far more animal. The coming of the veterinary at !"

Africa. All the countries of Europe daughter. He told me to go to that raise it use it largely for this Hades." purpose, as well as for food for man "And did you go?" When fed it is frequently given whole "Well," he mused hesitatingly and or crushed. Grinding it makes it reflectively, "I married the girl."too pasty when it is mixed with the New Yorker. saliva of the mouth. It is, however inferior to oats as a feed for horses A Benefactor. though it is not far different from Weary Walker-I'm ashamed o' oats in composition. The horses, how ver! Sawin' up wood for kindlin'! ever, like oats far better than the Ragson Tatters-Aw, g'on! dis is barley, and mules will sometimes re locust wood. Weary Walker-W'at's dat got ter fuse to eat barley. do wid it? Toothache in Horses. Ragson Tatters-Why, you chump, Our equine servants have suffered dis is de kind o' wood dat policeuntold agonies in the past from tooth- men's clubs is made out of. ache, because their masters did not know that the horse was as surely Joys of Wedlock. susceptible to toothache as human besusceptible to toothache as human be-ings. With the coming in of veterin-derstanding right now," said the cool as it closes the pores of the skin and ary science we have awakened to angry husband. "It may be hard for prevents colds.

many things of which we took no you to hear the truth from me, heed in the former days. The teeth butof the horse must do much hard labor. "Indeed it is," interrupted the pa-

hay. In the human being, defective teeth lead to the use of soft food, but Thoughtful, Indeed. the horse is compelled to eat hard "Van Slick is very thoughtful." food even when his teeth are in a "How so?" tender state. Defective teeth in the "Why, he has arranged an auto-

horse cause imperfect mastication, matic atomizer on his auto which and this results in indigestion, colic, sprinkles perfume along the street scours, constipation and other dis- and overcomes the odor of the gasoturbances of the disgestive system. line."

> Painless. "Do you believe in the old maxim,

No pains, no gains'?" 'Hardly. With me it's 'Any pain, "Indeed! What business are you

"Oh, I'm a dentist."



Deacon Fowler-Ye seemed great Farmer Tenderheart-Yes. Yer chin

in a modern battle hits anybody, and if one is hit the chance is but one to five that the wound will be fatal.

If you do not derive prompt and satis-

factory results from the use of Perupa,

write at once to Dr. Hartman, giving a

full statement of your case and he will be pleased to give you his valuable ad-

Address Dr. Hartman, President of

The Hartman Sanitarium, Colpmbus, O.

Taking Chances on Battle Field.

It is estimated that less than one

vice gratis.

I'll gladly send you something new in printed matter about the Southwest. Woman Ascends Mont Blanc. Miss Beatrice Tomasson, an English woman, accompanied by guide Joseph Demarchi, has made a successful ascent of Mont Blanc, in spite of a heavy fall of snow.

Never play hat-pin selections. You may get stuck some.

Care of the Hair.

Tex., bequeathed funds for the erec-It is now generally agreed that many of the shampoos in use are injurious to the tion of a library to be used for nehair. The best treatment is frequent groes exclusively. This is said to be brushing and absolute cleanliness. Wash the first instance of the kind in the the hair in a lather of Ivory Soap suds and South.

ELEANOR R. PARKER.

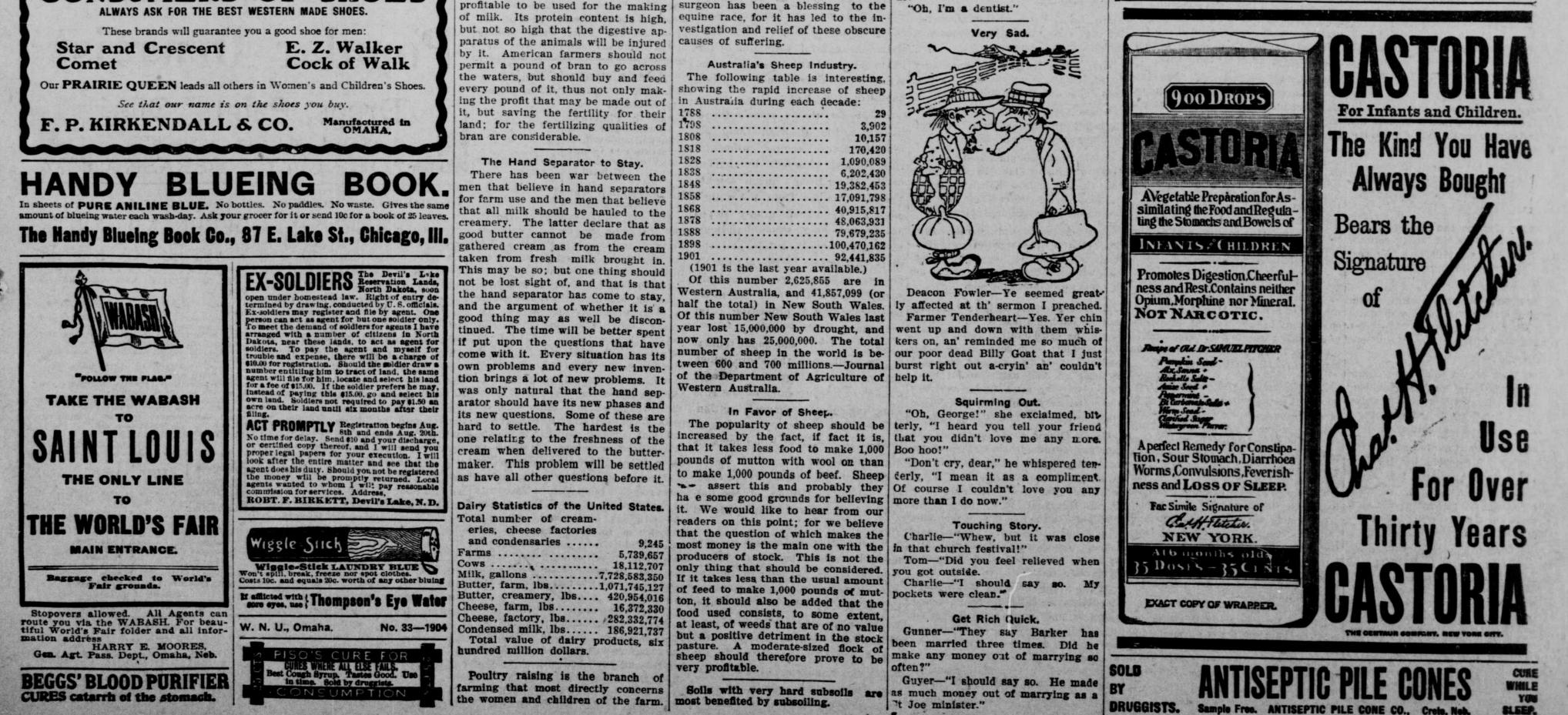
\$36.00 per M. Lewis' "Single Binder," straight 5c cigar, costs the dealer some more than other 5c cigars, but the higher price enables this factory to use higher grade tobacco. Lewis' Factory, Peoria, Ill.

Christian.-Dutch.

Harvard Memorial Gate. Senator Penrose was one of the contributors of the Harvard class of 1881 to a gift of a \$10,000 memorial gate, to be presented on the occasion of its twenty-fifth anniversary.

The man who is afraid of his em-Defiance Starch ployer will not give him credit usually should be in every household, none so doesn't get much. good, besides 4 oz. more for 10 cents than any other brand of cold water Piso's Cure for Consumption is an infallible | starch. medicine for coughs and colds.-N. W. SAMUEL, It is a terrible advantage to have Ocean Grove, N. J., Feb. 17, 1900. never done anything, but one must not abuse it .- Rivarol. A lean argument is better than a fat lawsuit.-Italian. All Up-to-Date Housekeepers use Defiance Cold Water Starch, be Mrs. Winslow's Soothing Syrup. For children teething, softens the guns, reduces in-fammation, allays pain, cures wind co.ic. 25c a bottle. cause it is better, and 4 oz. more of for same money. The greater lawyer, the worse

Sin sears over the senses of the soul.



months before their owners find out